



North Andover Senior Center Monthly Activities



April



News! Updates! & Announcements!

Apr 18– Center CLOSED– Patriot's Day

- APR 12 at 10AM- COA Board Meeting
- APR 19 at 11AM- TRIAD Meeting
- APR 27 at 4PM– Friends of North Andover Senior Center Meeting

Looking to become a TRIAD Board Member?

We meet on APR 19 at 11AM. Hope to see you there!

Lecture Series

Apr 4– Chief Gallagher– NAPD

Apr 11– TBD

Apr 18– Center CLOSED– Patriot's Day

Apr 25– Ed and Linda Pedi

If you need more information OR an appointment for any of our services, please call reception.

978-688-9560

Don't Miss These Events

- Apr 11– Red Sox Home Opening Day Luncheon @ NOON

Cost: \$3 Signup Begins: 3/30

- Apr 14– Men's Breakfast @ 9AM

Cost: \$4

- Apr 19– Tuesday Night Dinner Buffet Kickoff Night!

Cost: \$4 Signup Begins: 4/7

- Apr 21– DAY TRIP: Indian Hill

Cost: \$6. Bus Departs @ 9:30am. Signup Begins: 3/31

- Apr 21– Supper Club Night! Signup Begins: 4/6

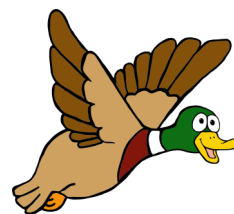
- Apr 26– DAY TRIP: Visit to Newburyport COA.

Cost: \$6 Bus Departs @ 9:30am. Signup Begins: 4/12

Apr 27– *Signup Begins for "Celebration Breakfast!" Cost: \$4
Look for info on Flyer!



April



On Going Weekly Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge	9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 12:30 -3 Bingo 1-3 Chess	9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canasta) 4:30-5:30 Zumba Fitness	10-12 Cuddles 1-3 Bridge 10-12 45's
Mon	Tue	Wed	Thu	Fri
		Walking Group Meets Monday thru Friday from 9-10 AM at the Youth Center on Johnson Street.	<u>Athletic shoes are required on the Gym floor.</u>	1 Foot Care: 9-3 PM Book Club A- 10:30 AM Quilting 10-12PM 
4	5	6	7	8
	SHINE Consultation Appts 10-1 PM		12-3 Fix It Shop 	Massage Therapist: 9-12
11	12	13	14	15
Red Sox Home Opening Day Lunch @ 12PM 	Attorney Bahrawy 11:30-1 PM COA Board Meeting @10 AM		9 AM Men's Breakfast 	Book Club B- 10:00 AM Quilting 10-12pm Foot Care: 9-3 PM
18	19	20	21	22
HOLIDAY- Senior Center Closed – Patriot's Day 	TRIAD @ 11 AM Tuesday Night Dinner Buffet @ 4 PM		SUPPER CLUB NIGHT 12-3 Fix It Shop DAY TRIP: Indian Hill Music Hall	
25	26	27	28	29
12:30-3:30 PM Rockingham Mall Trip 	 Attorney Murray 10-12 PM DAY TRIP: Newburyport COA	Friends Meeting @ 4PM		

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